

Fight the Bite

Prevent Zika and other mosquito-borne illnesses at home and while traveling



Mosquitoes can transmit many illnesses, including Zika, chikungunya, dengue and West Nile. It is safe to participate in outdoor activities and visit parks, but it's important to take

steps to protect your family from all mosquito-borne illnesses:

- Wear an EPA-registered insect repellent
- Wear long pants and sleeves and a hat
- Use permethrin-treated gear and clothing
- Sleep in places that are air-conditioned or screened
- See a doctor if you get sick after traveling

What can I do at home?

- Clean up trash or litter around your yard
- Remove, or regularly flush, places where



water can collect around your home, including pet dishes, bird baths, fountains, flower pots and

old tires.

- Don't let water accumulate in rain gutters, piles of leaves or in vegetation.

How do mosquitoes spread viruses?

Mosquitoes can spread disease by biting an infected person and then biting another person. Some are dusk and dawn biters, while others, including those that transmit Zika, bite all day long. Find out how to protect yourself and your family at: [cdc.gov/zika](https://www.cdc.gov/zika)



Fight *the* Bite

PROTECT YOURSELF AND YOUR FAMILY
FROM ZIKA AND OTHER
MOSQUITO-BORNE ILLNESSES

Mosquitoes can transmit many illnesses, including **Zika, chikungunya, West Nile and dengue**. This guide will provide you with the tools you need to protect yourself and your family.



Indiana State
Department of Health



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What is Zika virus?

Zika virus is primarily transmitted through a bite by an infected *Aedes aegypti* or *Aedes albopictus* mosquito, though some sexual transmission has occurred. Zika can also be transmitted from mother to baby. Many people infected with Zika won't have symptoms or will only have mild symptoms. The most common symptoms are fever, rash, joint pain or red eyes (conjunctivitis). There is no vaccine for Zika, but once a person has been infected, he or she is likely to be protected from future infections.

If Zika is so mild, why are people concerned about it?

Zika virus is a global health concern because infection has been linked to serious birth defects and some neurological illnesses. All pregnant women, or women trying to conceive, should know their risks.

What is my risk in Indiana?

The risk of widespread local transmission of Zika virus is believed to be low in Indiana. The *Aedes albopictus* mosquito that transmits Zika is found in the southern two-thirds of the state. However, Indiana's climate is less conducive to prolonged activity of this mosquito, which reduces the risk. Travelers to Zika-affected areas are at greater risk and should take steps to prevent mosquito bites.

Zika and your baby

Are you pregnant or trying to become pregnant?

The Zika virus is affecting parts of Central and South America, Mexico, the Caribbean and other countries. Zika infection during pregnancy can cause a birth defect of the brain called microcephaly, as well as vision, hearing and growth deficits. The Centers for Disease Control and Prevention (CDC) urges women who are pregnant or considering becoming

pregnant to **avoid travel to Zika-affected areas and take steps to avoid being bitten by mosquitoes.**



What do I do if I have Zika?

- Get plenty of rest
- Drink fluids to prevent dehydration
- Take medicine such as acetaminophen to reduce fever and pain; do NOT take aspirin or non-steroidal/anti-inflammatory drugs if you have Zika.
- If you are taking medicine for another condition, talk to your healthcare provider before taking additional medication.
- To prevent others from getting sick, take strict steps to prevent mosquito bites during the first 3 weeks of illness, such as staying indoors and wearing repellent when going outdoors. Zika infection is primarily spread when a mosquito bites an infected person and then bites someone else.

How do I know if I have Zika?

- People who develop symptoms after traveling should contact a healthcare provider. Healthcare providers can order testing to determine if the patient has Zika or if symptoms are due to something else.
- Pregnant women who traveled to an area with Zika should consult their healthcare provider about testing.